

BUTTER BEANS OR SUGAR BEANS CURRY

- 2 TINS BUTTER BEANS (410grx2) OR 250GR SUGAR BEANS (SOAKED OVERNIGHT AND COOKED IN SALTED WATER TILL SOFT)
- 2 SMALL CHOPPED ONIONS
- 1 TEASPOON WHOLE JEERA (CUMIN)
- 1 TEASPOON BLACK MUSTARD SEEDS
- 2 FINELY CHOPPED GARLIC
- 1 GREEN CHILLI CHOPPED
- 2 TABLESPOONS OIL
- 1 TEASPOON GINGER/GARLIC PASTE
- 1 TEASPOON CHILLI POWDER
- 2 CHOPPED RIPE TOMATOES OR 3 TABLESPOONS TOMATO PUREE
- 2 TEASPOONS LEMON JUICE
- 1-2 CUPS OF WATER
- 1 TEASPOON FINE KOLJANA/DHANYA/CORIANDER POWDER
- 1/2 TEASPOON FINE JEERA/CUMIN
- 1 TEASPOON FINE SALT/ 1/2 TEASPOON TURMERIC
- GREEN/FRESH CORIANDER LEAVES/DHANYA TO GARNISH
- METHOD**
- HEAT OIL, ADD THE MUSTARD SEEDS AND WHOLE JEERA.
- WHEN SEEDS START POPPING ADD THE ONIONS CHOPPED CHILLIES AND GARLIC.
- SAUTE TILL PINK IN COLOUR.
- ADD ALL SPICES AND CHOPPED TOMATOES AND SALT.
- SIMMER TILL A THICK GRAVY IS FORMED , ADD THE BEANS AND WATER AND BRING TO BOIL FOR +/- 5 MINUTES TILL A THICK GRAVY IS FORMED AND THE BEANS ARE SOFT.
- GARNISH WITH THE DHANYA AND ADJUST SALT FOR TASTE.
- SERVE WITH RICE, FRIED FISH .